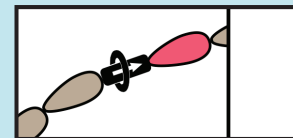
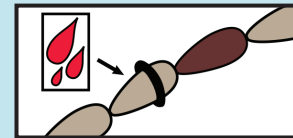


CycleBeads®
Natural Effective Family Planning

When should I return to the provider?

- ◆ If you have had sex on a white bead day.
- ◆ If you think you might be pregnant.
- ◆ If your period comes too soon.
- ◆ If your period comes too late.



CycleBeads®

- ◆ CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.
- ◆ CycleBeads are not a toy. Keep them in a safe place, away from children.

US patent No. 6.747.917 B2. Foreign patents pending.
CycleBeads are distributed under license.

What are CycleBeads?

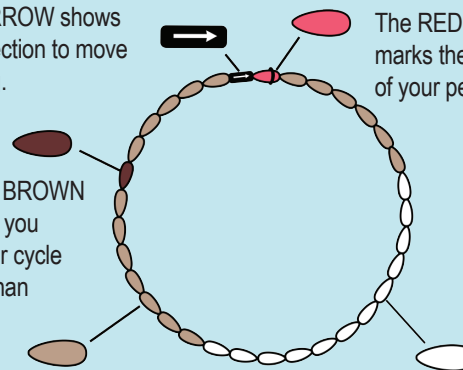
CycleBeads represent the menstrual cycle. Each bead represents one day of the cycle. The beads are different colors to help identify which days a woman can become pregnant.

The ARROW shows the direction to move the ring.



The RED bead marks the first day of your period.

The DARK BROWN bead helps you know if your cycle is shorter than 26 days.



All BROWN beads mark the days when you are not likely to get pregnant.

All WHITE beads mark the days when you are likely to get pregnant.

Who can use CycleBeads?

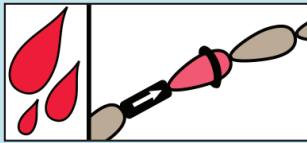
- ◆ Women who see their period about a month apart.



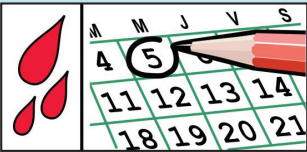
- ◆ Couples who can abstain the days the woman is likely to get pregnant.

How to use CycleBeads

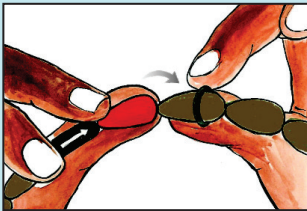
1. The day you get your period move the ring to the RED bead.



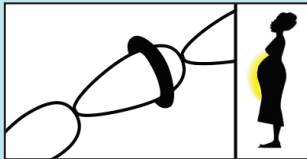
2. Also, mark that day on your calendar.



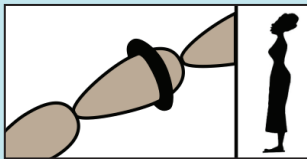
3. Move the ring one bead each day. Move it even on the days when you have your period. Always move in the direction of the arrow.



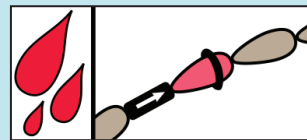
4. Abstain when the ring is on any WHITE bead if you do not want to become pregnant.



5. You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.

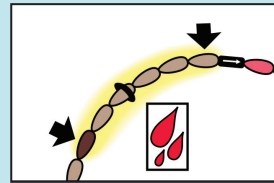


6. Move the ring to the RED bead again when your next period starts. Skip over any beads that are left.

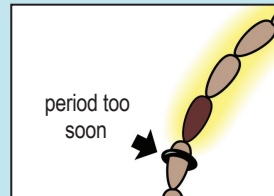


Keep track of your period with CycleBeads

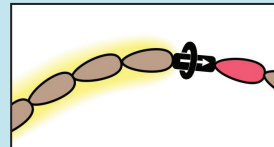
- ◆ To use CycleBeads, your period should start between the dark brown bead and the last brown bead.



- ◆ If your period starts before the dark brown bead, it has come too soon.



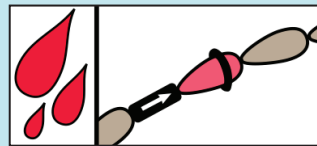
- ◆ If your period has not started the day after the ring is on the last brown bead, it is too late.



If your period comes too soon or too late more than once in a year, consult your provider.

When can you start using CycleBeads?

You can start CycleBeads on the first day of your next period.



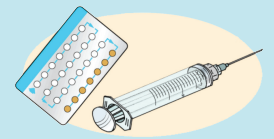
Wait 2 years after your baby is born before getting pregnant again. It is good for the health of your baby and you.

Some women should wait before using CycleBeads

- ◆ Women who recently had a baby or are breastfeeding should wait before using CycleBeads.



- ◆ Women who recently used the pill or the injectable should wait before using CycleBeads.



In these cases, it is likely that your period has not returned to normal. Consult your provider.

What should you do if you forget to move the ring?

If you forget to move the ring, follow these instructions:

- ◆ First, verify the first day of your period on your alendar.



- ◆ Next, starting with the first day of your period, count the number of days that have passed including today.



- ◆ Then, starting with the RED bead, count the same number of beads and place the ring on the bead for today.

